

# Invitation to Relaxation



Are you, or is a loved one living with:

- Severe effects of cancer treatment,
- The death of a loved one,
- Disability\*, or
- Terminal illness?

If so, you may be eligible to experience complementary treatments of energy healing or gentle touch. Trained **Companioning Community Care** Volunteers with **Family Services of the North Shore** are offering treatments of these complementary therapies at no charge. An accompanying family member or friend is also welcome to participate. Register early to avoid disappointment.

*\*Some restrictions may apply, based on our ability to provide the required support.*

**When:** Thursday mornings 9:30 or 10:30 a.m.

**Where:** Mollie Nye House, Activity room, 940 Lynn Valley Road, North Vancouver

**Register:** Call 604-985-8713 or email [Quenneville@familyservices.bc.ca](mailto:Quenneville@familyservices.bc.ca)

vancouvers  
foundation



Funding is generously provided by the Vancouver Foundation, the Paul Sugar Palliative Support Foundation and other generous donors.

 **Family  
Services  
North  
Shore**

*Caring for our Community*

#203-1111 Lonsdale Avenue, North Vancouver, BC V7M 2H4 Phone: 604.988.5281 Fax: 604.988.3961



[www.familyservices.bc.ca](http://www.familyservices.bc.ca)



**Counselling. Support. Education.**